

We are

An independent charity
working with and for
Carers in Spelthorne
and employ:

- **Jacqui MacLean**
Team Leader /Parent Carers Support Worker
(A separate leaflet is available)
- **Celia MacKay**
Carers Support Worker
- **Rayner Ward**
Carers Support Worker
- **Julie Barrett**
Co-ordinator
- **Nicole Willams**
Carers Activities Co-ordinator

To receive the newsletter,
find out more or
to make an appointment
please contact:

Carers Support Workers:

Celia MacKay

01784 446234

Rayner Ward

01784 444229

or

write to:

Carers Support Spelthorne
Spelthorne Borough Council—Ro0m 241
Knowle Green
Staines
Middlesex
TW18 1XA

**Answer phone available
24 hours**

**Registered Charity No: 1061488
Data Protection No: Z5362951**

CARERS SUPPORT WORKERS

CELIA MACKAY

01784 446234

RAYNER WARD

01784 444229

**INDEPENDENT
INFORMATION/ADVICE
and
SUPPORT FOR CARERS**



**CARERS SUPPORT
SPELTHORNE**

Are you an adult looking after someone who:

- Is aged 25+
- Is physically disabled
- Has learning difficulties
- Is elderly/frail
- Has mental health problems
- Has a terminal illness

If you answered YES to any of the above, then you are

A CARER

As a Carer you may like to:

- Know that there is someone "out there" who will listen
- Know your entitlement to benefits
- Have advice/information on "where to turn next"
- Be part of a support group
- Take advantage of training Opportunities
- Participate in external activities / outings
- Receive a regular newsletter

Carers Support Spelthorne

Can help by offering:

- Information & advice
- A listening ear
- Regular support groups
- Support for individual carers
- Advocacy
- Social activities and outings
- Training opportunities
- A regular newsletter
- Visits to carers at a mutually convenient time and place

Confidentiality is Assured